

Class Thoughts

May 20 to June 19

Daily at 11 a. m. join us in this thought for spiritual illumination:

Thy luminous mind lights my way, and I never doubt.

At high noon each day concentrate your attention on this thought for prosperity:

Thy Spirit of plenty is ever with me, and I rejoice in perpetual prosperity.

At 9 p. m. each night let us acknowledge the healing power of Spirit with this prayer:

Thine healing Spirit gives life to my mind and health to my body.

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DAILY WORD

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EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, as pictured on the cover of DAILY WORD, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

UNITY ANNUAL CONFERENCE-JUNE 24-JUNE 27 YOUTH OF UNITY CONFERENCE—JUNE 29—JULY 6

NCE again it is gettogether time here at Unity. Already the Training School classes are in full swing, and each day brings a new quota of visitors, friends,

and students.

During the last week in this month a very important event brings together Unity center leaders from all parts of the globe for their annual meeting and special services. At this conference center plans are discussed, devotional services are held, and there are round-table sessions for the exchange of ideas. At the conclusion leaders who have qualified receive ordination as Unity ministers.

Following closely upon this gathering comes the Youth of Unity Conference of delegates from the young people's groups throughout

the world. Classwork, consecration services, and wellplanned entertainment comprise the program for these young leaders who aim to carry back to their groups new enthusiasm and ideas for carrying on the work of Truth. All young people are invited.

The unification of ideas and purposes made possible by these meetings is of greatest importance, and worthy of our sincere prayers and blessing. Every delegate to these conferences is appreciative of your special blessings during these two weeks; so will you not join us in praying for wisdom, guidance, understanding, and success for them, and speak with us this word of blessing:

Jesus Christ in your midst unifies, directs, and prospers

you in His ministry.

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BYRNE FULTON

ANY DECADES ago Paul gave us the key to the secret of successful overcoming. "Pray without ceasing," he said: not once in a while, not once a day or once a week, not just in time of stress or emergency, but "with-

out ceasing."

Progress in Truth depends upon the number of seconds spent every day in thinking thoughts that uplift and bless and leave in their wake an easier path for the thoughts of Truth that are to follow. By persistently thinking of Truth we create a sort of groove in our mind. The first Truth thoughts may be difficult because of their newness, but as time goes on the trail is worn smooth, and new thoughts of Truth profit by this "road breaking." Then almost before we know it the majority of our thoughts are right thoughts, and the Truth habit is firmly entrenched, thanks to persistence.

It is interesting to find that as we work ahead in Truth every moment spent away from the consciousness of God is a moment that leaves us feeling empty. We begin to long for the living waters that will take the taint of worldly thought from us. Immediately we begin to lift up our mind to God, and thereafter we are watchful to maintain greater purity of consciousness. So it is that persistence makes us more aware of the entrance of wrong thoughts and their effects upon us.

Many seek after Truth who want the results without putting in the necessary work. They need to understand that they cannot get results without working for them. Once they have adjusted themselves to the realization that the something-fornothing attitude is as fruitless in spiritual matters as it is in material affairs—is, in fact, an indication of laziness—they get to work in good earnest, for they do not wish to live under their own condemnation. For after the first awakening their mind cannot return to its former indolence but must rest uneasily until given definite constructive work to do.

Others say they have no time for denials, affirmations, periods of silence. Nearly every Truth student makes this excuse in the beginning, but as he learns to give what time he can spare he finds inevitably that more time is given him. God is no half-giver of good gifts. Having inspired the desire for more spiritual life, He can be depended upon to provide the necessary time for devotions. It is for this type of student to realize fully that God is not more tender toward us because we are

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Many of our tasks demand little more than mere mechanical activity. The mind is left free to indulge in whatever kind of thinking it chooses. Some of the best work a Truth student does is done at times when, his hands busy at some accustomed task, he engages his mind in thoughts that lift and bless. As soon as we are willing to admit to ourselves that our excuses for not praying emanate from a desire to put off until tomorrow the things that would require more effort than we want to put out today, we shall understand that we are not doing our part and cannot conscientiously ask God to do His. This awakening will presently result in our giving every possible moment to God and in our trusting Him to increase the number of quiet moments that we can give to Him as we show we merit such increase.

Still others say that the result of their attempt at concentration is not demonstration but nervousness. This can easily be the result when we try with great effort to direct our thoughts into a certain channel. The more we seek by will power to force our thoughts in one direction the greater difficulty and discomfort we encounter. But when we are

wholeheartedly interested in what we are doing, our thoughts turn naturally to that which appeals to us. True concentration consists in such complete absorption in one idea that no other idea holds any attraction. So we find that strenuous effort toward concentration is unnecessary. When we sincerely desire to commune with God and to know more of Truth, we find that our thoughts naturally lend themselves to spiritual endeavor. Instead of our becoming wrought up, tense, or nervous our whole being is pervaded with a sense of peace. The ability to concentrate on Truth for a longer period each successive day comes from persistently keeping at our daily devotions.

Demonstrations are the result of faithfulness to our devotions, making a daily routine of them. Persistence implies a moment-by-moment acknowledging of good to be supreme, no matter how contradictory appearances may seem. This is what is meant by praying without ceasing. The only permanent and dependable happiness to be found, as well as the only protection and security we shall ever know, is the result of persistence in our spirit-

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Now more than ever the world needs our cooperative thought every minute we can give it. The good we can do is immeasurable if we will adhere to our daily routine and allow nothing to tempt us away from it. We can hasten the day of our own manifested Christhood and that of every man if we will set ourselves each day to maintaining the consciousness of Christ in us to the greatest degree possible in our present state of unfoldment.

"For he that wavereth is like a wave of the sea . . . let not that man think that he shall receive any thing of the Lord." In searching the Bible for the more encouraging promises we cannot afford to overlook that very plain statement. Only unwavering persistence can result in demonstration. Truly we must pray without ceasing, making Truth our most absorbing interest, for the hour requires it, the world needs it, and our least demonstration depends upon it.

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Thought in Church

IDA ELAINE JAMES

Why do we need these lengthy prayers, God? If we could guide these seeking hearts of ours Rightly to view all that exists above the sod—A king or tramp, a snail or flowers—And know that You are there, We shouldn't need each lengthy prayer, Should we, God?

The Abiding Presence

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oday what are you conscious of as truly present in your life? Do you feel some presence within and about you, something that is always with you, something that gives you comfort in times of trial, something that lives and endures through all time? If so, then you are indeed living in the presence of God. If you can sense the presence of light, peace, and love when outer conditions strive to make evil appear, then you have found the comforting, abiding presence of God.

Those who find life difficult have not found the presence of God. They are instead more aware of what seems to be His absence. They believe that sin, evil, disease, and want are present. Of course in Truth God could not be present and evil be present at the same time. We must think of evil as rapidly disappearing to make room in our consciousness for the presence of God. This takes place as we clear our thought and behold His presence. In absolute Truth God is never absent. This becomes true to us individually only as we grasp its significance. If we do not, then God does not appear to be present. The greatest work we

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The whole work of Jesus and of Christianity is to strengthen man spiritually, to turn him to God and reality. The abiding realization of the presence of God is man's only salvation. Jesus so completely lived in the presence of God that His associates could see it about Him as an aura of light. There is perhaps no similar illustration within our knowledge where the consciousness of light is objectified so powerfully. Had Jesus entertained a belief in any presence other than the presence of God, this aura of light could not have been manifested.

When you are conscious of the presence of God—of peace and love—then there can be no unrest in your life. The abiding presence is sensed when you know with all your heart that God is truly present and is more real to you than anything else in all the world. Regardless of your environment, you can get the clear realization of God's omnipresence if in consciousness you perceive Truth and hold to it.

David sang of God: "If I make my bed in hell, behold, thou art there." If in consciousness we abide in hell, then hell becomes a reality to us

access to the presence of God. When we abide in His presence, hell is transformed into heaven. The first part of the Psalmist's line shows human experience as contrasted with the spiritual principle expressed in the second part. "If I ascend

up into heaven, thou art there."

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The spiritual world sustained by the presence of God is everywhere present. The evil that man objectifies through his ignorance is like a mist that hides the spiritual world from his eyes. We are not to think of God as present in the evil but of the evil as having no "presence" or reality in Truth. Were God present in evil, we could not hope to escape it. Were God truly in evil, evil would be a reality. God would need to know evil in order to sustain it and to abide in it, even as we need to know the presence of God in order to live in it.

Man's only freedom from the claims of evil, sin, disease, and want lies in his consciousness that in reality he has no relation to these whatever. In Spirit, he is at one with God and His manifold blessings. In Spirit he is eternally unified with the abiding presence of God as light, peace, love, and life.

Whoever you are and wherever you live, you can become conscious of God's presence.—Frank B. Whitney.

What Joy!

PRISCILLA DRENNEN

What joy to see the sunrise top the distant hills

To show the promise of another day,

To watch the shimmering golden light that softly spill

To watch the shimmering golden light that softly spills Upon the world to drive the night away!

What joy to feel the wind and rain upon my face, To walk in fields bathed fresh and new again, To find God's pure and holy presence every place, In every city street and country lane!

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What joy to watch the flying feet and laughing eyes Of children fondly bent on fun and play;

To know God's love surrounds them, and to realize He keeps them safe and happy through the day!

What joy to hear the first sweet song of early spring As it is borne upon the robin's call,

To feel the deep stir of my heart remembering That God is love and God is over all!

What joy to know that He is master of His world, That only peace can dwell where He is king, That over land and sea His great love is unfurled!

These quiet joys fill my heart and make it sing!

Courage

G. LEROY DALE

HOSE who are still in sense consciousness think of courage as something that springs from the personal will of man, as something that is developed through competition, stress,

strain, fighting.

How often we have heard it said of someone, "He has the courage to fight for his rights." Look into the life of someone who has grown old fighting for his rights; see his seamed face, his tense expression; feel the atmosphere of combat that surrounds him; and then ask yourself if you wish to be like him. The world erects monuments to the warriors in one generation, and years later they are removed and new ones are erected by other humans who still worship the personalities of those who have gone before.

Are you a worshiper of personality? Do you still yearn to become courageous through imitating warriors of either physical or mental renown? If so, you will be disappointed, for there is always someone else looming on the horizon who may

later outshine you.

But if you seek God and ask Him to manifest His love, intelligence, and peace through you, then

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you will finally become a courageous disciple of Spirit, because the love of God in you will cast out fear, and you will progress spiritually, mentally, and physically in divine order, and become a

blessing to the race.

Jesus showed the highest example of courage ever given to the world when He refused to condemn His persecutors, even praying to God for them, asking that they be forgiven. Knowing that the power of God was ever ready to respond to His thought and that He could use it either to bless or destroy His enemies, He invoked it

through prayer, blessing all.

"He that ruleth his spirit, [is better] than he that taketh a city." The willingness to face our own mistakes, to reform our own character, to do good whether we are rewarded by man or not, shows true courage. This can be accomplished by prayer, not by force. Persistently seeking the power within, persistently asking it to manifest itself through us until we finally radiate it in all we think, say, and do will give us that feeling of courage, daring, and confidence that can never come in any other way. One with God is a majority; and difficult situations melt away when the inner power acts. Be persistent in seeking God and you will never lack courage in meeting any situation.

"If God is for us, who is against us?"

My Peace

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I must give my thoughts to lovely things:
To cloud ships in the sky,
To swallow's call as on swift wing
He swoops to eaves near by.

I must live again the hush at dusk,
When evening wind treads light
To whisper words of peace and rest
That deepen in the night.

For when I am filled with thoughts of peace
And feel my heart at rest,
The love of God then finds release,
And all my world is blessed.

Then my every word becomes a light,

A beacon on the way,

Turning the darkness of life's night

Into a newborn day!

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FATHER, I AM THANKFUL THAT MY EVERY RIGHTEOUS PRAYER IS ANSWERED.

God can and does answer. It is one of the great truths of Being that for every prayer there is an answer, for every desire there is satisfaction, for every need there is supply.

Some of the important elements in prayer are righteous or right desire, belief that God will answer our prayer, faith that His answer is certain, and praise and thanksgiving for it even before it

becomes apparent to us.

Thankfulness is of great importance, for a thankful heart is indicative of a receptive state of mind. Jesus Christ always thanked the Father for the answer to His prayer before it became manifest, and He did mighty works that even today men call miracles.

Someone has said that a thankful heart cannot pray unrighteously. If we pray sincerely and let our prayer be accompanied by a song of praise and thanksgiving, the answer is certain.

With thanksgiving let your requests be made known unto God.—PHIL. 4:6.

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MY EYE IS SINGLE TO TRUTH, AND MY WORLD IS FULL OF LIGHT.

Singleness of vision is important. If we are to see clearly with the eye, we must center our attention on only one object at a time. If we try to see two objects at the same time we can see neither one distinctly.

In some respects thinking is similar to the act of seeing. In order to have good mental vision we must fix our attention upon that which is true and good. We cannot think clearly if we give some attention to evil and some to good.

In our spiritual progress it is important to keep our mental vision consistently fixed on the truth that God is almighty, that only good has real existence, and that evil is only an appearance.

Should we imagine that evil has power to injure or influence us, our mental vision becomes so darkened and blurred that we fail to behold the light of God's omnipresence. Our world becomes radiant with light when we think of good only and recognize that God is supreme in power.

^{*} If therefore thine eye be single, thy whole body shall be full of light.—MATT. 6:22.

I AM LIBERATED EACH DAY BY THE KNOWLEDGE THAT CHRIST IN ME IS FOREVER FREE.

HRISTMAS day, Easter day, every day Christ in you is free and vital and eternal. This is the gift that Jesus brought by way of the manger and the cross and the empty tomb: Christ in you is forever free!

No illness can bind your body, for the life of Christ animates it. That life is free to express itself today as your health, strength, and tireless energy.

No fear can bind your mind, for the same mind is in you that was in Christ Jesus, even the Christ mind. All things are known to it and revealed by it whenever needed by you. From it radiates the "peace of God, which passeth all understanding."

No lack can hold you or limit you, for Christ in you is forever one with God who made the heavens and the earth. All is yours through your Christ identity.

You are free, for Christ in you is free: joyous, free, and eternally new. His freedom is yours eternally.

^{*} For freedom did Christ set us free. - GAL. 5:1.

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joyous, s yours I AM THE LIVING EXPRESSION OF GOD'S PERFECT IDEA, AND I AM EVERY WHIT WHOLE.

As A LIVING expression of God man has but one purpose to fulfill, one obligation to meet, one duty to perform. That is to express as fully as possible the divine nature of his being.

Both the idea of perfection and its capacity to become manifest are implanted within each individual at the time of his creation. All that anyone needs for a complete and permanent healing is a sustained realization of perfection, for it is an idea that does not permit of anything less than God Himself.

You cannot envisage God as being susceptible to pain and suffering and inharmony, can you? Neither does God see you as expressing yourself in such a limited manner. He sent His Son Jesus Christ into the world for the sole purpose of teaching you where to look for your health: to the perfection of God within.

^{*} Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? . . . glorify God therefore in your body.—I Cor. 6:19, 20.

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I AM EVER SAFE FROM HARM, FOR I AM GUIDED, PROTECTED, AND GUARDED BY GOD'S LOVE.

OD'S LOVE is ever with you, infolding you in its protecting power as you go about your daily duties, whether they be in the office or home or in the midst of danger. As you are aware of and thankful for this divine protection your way is made safe and clear.

In return for God's protecting care and as an expression of your appreciation for it you exercise good judgment and wisdom in all your activities and undertakings. Your life is a part of God's life, and you value and cherish it as an expression of Him.

As you work today, feeling God's love within and about you, you do your work perfectly, easily, beautifully. The knowledge of God's goodness radiates from you, and your companions and associates are brought into the consciousness of His protection and guidance with you.

For he will give his angels charge over thee, To keep thee in all thy ways.

-PSALMS 91:11.

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NE OF the most difficult human emotional problems to overcome is the disgruntled or discouraged feeling that comes over us when we feel that we are being unjustly treated. We are certain that our work is acceptable to our employer, we are zealously trying to do all that is expected of us and even more, yet we apparently do not receive the recognition that we feel is rightly due us.

As Truth students we are free from this negative state of mind. We need have only a little understanding of God to know that, whatever our work may be or wherever we may be employed, we are actually serving God and His children. We need not be concerned about any apparent unjust treatment from our employer or our co-workers. We know in our heart that our Father, our true employer, is loving and just toward us, and that if our service is sincerely given, He will reward us.

The LORD [is] the habitation of justice.—Jer. 50:7 (A. V.).

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I FULFILL THE SPIRIT OF TITHING AS I GIVE GOD'S RICH GIFTS TO OTHERS.

JESUS declared that what we give to others is returned to us many times increased. This has found expression outwardly in the practice of tithing, the giving of a tenth of income toward some helpful Christian ministry. While outer tithing is to be recommended, there is an inner tithing of great importance to spiritual growth.

We can all profit greatly by having more of God's gifts of love, trust, optimism, and joy. These gifts are gained, not by accumulation, but by the effort to bestow such blessings upon others. In order to have more love we should be loving, gentle, kind to others. If we need faith let us encourage others to have faith. In order to be optimistic let us help others be optimistic. To be happy ourselves let us be a means of making others happy. Such giving satisfies the true spirit of tithing, and attracts our good to us.

If we earnestly strive to help others our own good is assured in bountiful measure. We find our satisfaction through blessing others.

[.] Give, and it shall be given unto you.-LUKE 6:38.

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THROUGH PRAYERFUL COMMUNION WITH GOD I KEEP MY LIFE FILLED WITH BLESSINGS.

K EEP YOUR life vibrant with a living sense of communion with God at all times. True prayer is conducted hourly and even momently. There is no time when we cannot be in close contact with the Spirit indwelling in us.

By prayer the things of Spirit are woven into the very fabric of human life. Communion with God should not be relegated to any certain time or place. How can we take advantage of the opportunities that God has set before us if we do not talk with Him and ask His blessing at all times? In this way we are utilizing all of the blessings that come to us.

As you take God into partnership with you in your life you will find that every experience has a beautiful newness and divine dignity that cannot be acquired through the outer. Emerge today from the closeness of your material self into the splendid freedom of your Christlike perfection.

^{*} For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

—MATT. 7:8.

I CAST OUT EVERY OLD THOUGHT OF THE PAST AND LIVE EACH DAY JOYOUSLY AND COMPLETELY.

HE CLEAREST lesson on "crystallization" in the Bible is in the story of Lot's wife, who looked back and was turned into a pillar of salt. Crystallization takes place in the mind of the one who mentally looks back and lives in the past.

Experiences leave with us only thoughts and reactions after their kind. If we dwell in thought upon unpleasant experiences, we remember the discouragement or pain or loss that they brought; and there is no profit in contemplating them.

Although there sometimes are pleasant things that we should like to hold close to us in memory, we cannot look back upon them longingly and still give the whole substance of our thought to things of the present. How much wiser and more beneficial it would be to greet each day fortified with the wisdom, strength, and faith gained from experiences of the past, but otherwise free from any bondage to the past, free to give all our energy, thought, and enthusiasm to the present moment.

Come; for all things are now ready.-LUKE 14:17.

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THE JOY OF THE LORD IS MY STRENGTH.

Joy is a vital factor in building a successful life. You yourself have observed the salutary effect of happiness. When you are happy you feel free in heart and mind. You are strong in courage and positive in thought. Accomplishment and success in endeavors result. As you feel gladness of heart you radiate joy and attract friends. A happy state of mind is also conducive to good health.

All of us seek joy and desire its beneficial effects. Yet many have felt that joy comes only at intervals and that it is fleeting and ephemeral, being dependent upon certain circumstances and conditions. Were this true, many who have small outward cause for rejoicing would not continue

to maintain a happy spirit.

The lasting joy that strengthens and uplifts comes not from the external, but it arises from the source of divine joy within you. God's presence is a joyous presence, and He is at all times with you. As you realize your oneness with Him, His joy will brighten your life.

In thy presence is fulness of joy.—PSALMS 16:11.

Consummatic The Lord God o Rules and reigns He leads me in le Beside the silver Within green pa And still, in pear Within my heart No other so

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Shadowed ways becoming bright; For He has filled my lifted heart With love and light!

I AM WILLING TO LET GOD'S WILL BE DONE IN ME.

T TIMES we may feel disappointed if a demonstration is not made in the way we had planned. Humanly we may outline a method or path of attainment, but sometimes God opens a much better one for us. God has so much good in store for us that we are always more satisfied and happier if we will let His will be done.

Too many times we try to tell God His business—how He should act in our behalf. What is the rule or principle we should follow in praying? Always to want only that which we would be willing that everybody else have or its equivalent. Feeling within for the presence, and having made contact with it, let us pray after this fashion: "Father, I desire this particular thing. If it be for the best of all concerned, let it appear quickly. I only want Thy will done in my mind, body, and affairs."

When we pray as above and then do what first comes into our consciousness, we find that we have done what is right, and everyone is blessed.

to thee, O LORD, do I put my trust.—PSALMS 71:1 (A. V.).

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MY HEART IS OPEN TO THE FORGIVING LOVE OF THE CHRIST, AND I FORGIVE FULLY AND COMPLETELY.

N ORDER to be wholly forgiving we must first have the desire to forgive. Then as we open our mind and heart to the forgiving love of the Christ, all grudging and resentful thoughts are completely released. We let go likewise of all belief that we are being mistreated by others, all remembrance of words that have hurt us or things that have caused us unhappiness. Quickened by the Christ love, we are able to look beyond all apparent unkindnesses and see that others may not have realized that they were acting against us.

When our heart is opened to the forgiving love of the Christ we rise above the tendency to be resentful and overly sensitive. We grow in tolerance and equanimity and in the ability to behold Christ within those whom we contact.

Knowing that Christ abides within us and within our fellow men, we freely express His spirit of loving-kindness and forgiveness.

[♦] I will forgive their iniquity, and . . . remember no more.—Jer. 31:34.

AS A CHILD OF GOD I INHERIT THE GOOD OF HIS KINGDOM, AND MY PROSPERITY IS UN-LIMITED.

NE OUTSTANDING feature of the prosperity law is its simplicity. We often see people working so hard to accomplish some particular result, or hear them tell in much detail how they have made a "demonstration." Such people frequently overlook the fact that the prosperity law is simple and immutable, and that conformity to it in thought and action is much less laborious than all the effort they have been exerting.

Jesus always acknowledged with gratitude and thanksgiving His inheritance from the Father. A similar attitude on your part is all that is required of you in fulfilling the prosperity law. Realization of yourself as a child of God, as the inheritor of heaven and earth, receptiveness to divine ideas, and prompt action upon them will open to you a new world of abundant good.

Claim your spiritual inheritance today and rejoice in unlimited blessings!

[♣] Son, thou art ever with me, and all that is mine is thine.—Luke 15:31.

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I SEE ALL THINGS IN LIFE FROM THE DIVINE POINT OF VIEW.

HEN LIFE is considered from the human point of view, there seem to be impassable barriers, evidences of hardship, conditions to fear or shrink from. How differently the experiences of life affect us when viewed from the divine viewpoint! For when we come to know that God is an intimate helper to whom nothing is impossible, seeming mountains of difficulty are reduced to nothingness.

The human eye judges by appearances and envisages only outer ways and means. From the divine standpoint however we see how unreliable appearances are; and our trust is in the invisible power of God that is ever present, ever available. Divine vision pierces the fog of apparent limitation and beholds the light of God's saving power.

When life is seen aright, no human problem is beyond solution. We should believe in God's ability to guide, believe that He has power and willingness to help; then live each day in this encouraging faith.

[♣] Jehovah is on my side; I will not fear.—PSALMS 118:6.

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I AM POISED AND CENTERED IN THE STILL-NESS AND QUIETNESS OF CHRIST IN ME.

If the things of the external world seem to disturb you, if you are inharmonious because of the noise and confusion around you, turn within to the quietness and stillness of the Christ presence in your midst, and proclaim that Christ has dominion and mastery. In stillness there is strength and power; in stillness your soul is refreshed and filled with new vitality, joy, and courage.

In the quietness of the Christ presence there is no noise, disorder, inharmony, or confusion. Centered and poised in Him, you are strong, courageous, positive, fearless, and free. Christ blesses

you with quiet, peace, and rest.

Persons or things no longer have power to upset you when you turn to Christ, the source of light, life, guidance, and peace. In Him your soul finds complete satisfaction, and you are lifted above all that does not express peace and order. Rejoice today that you have found Christ within and that you can be still at any time, under any conditions.

^{*} Take heed, and be quiet .- ISA. 7:4.

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GOD HAS GIVEN ME ALL GOOD QUALITIES. REVERENTLY I CALL THEM INTO EXPRESSION.

You doubtless have recognized since that the good qualities you later learned to admire had been in him all the time and you had failed to appreciate them. Probably though the one of whom you have been most lacking in appreciation is yourself.

Do you admire some good quality in another? You also have it. God has placed in you, potentially, all the good qualities. You can give them expression by looking for them in faith, by appreciating and praising them, by invoking them with words of Truth. If you compliment a woman on her charm she is straightway more charming. If you remark with admiration on a man's sense of justice he will exert himself to make his gift more shining. In like manner your loving recognition and praise bring your own God qualities into expression. You are potentially as fine in all ways as anybody else in the universe.

^{*} Covet earnestly the best gifts.—I Cor. 12:31 (A. V.).

I AM STRONG IN THE LORD AND IN THE POWER OF HIS MIGHT.

ANY FEATS of physical and spiritual strength that seem almost superhuman are accomplished by persons who have to meet unusual experiences and conditions. What a man does under the stress of an emergency is a fair measure of what he is capable of doing consistently if he chooses.

Jesus said, "With God all things are possible," and then He quietly went about proving it. Nothing would be impossible to us if we chose to express the dormant spiritual strength we possess.

Today let us turn the light of Spirit upon our feelings of inferiority, frustration, defeat, and indecision. We see that they are but appearances that our mortal mind has conjured up. We see that we are really divine and have unlimited power. Let us proclaim our strength in the Lord and meet every issue of life with courage and fearlessness and with the assurance that the victory is already ours through Christ.

^{*} I can do all things through Christ which strengtheneth me.—PHIL. 4:13 (A. V.).

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TODAY I AM FILLED WITH NEW FAITH AND COURAGE, AND I ARISE TRIUMPHANT AND VICTORIOUS OVER EVERY LIMITATION.

HERE is abiding within you a Spirit that is intelligent enough, fine enough, and courageous enough to enable you to rise above every undesirable and limiting condition in your life. This Spirit, the very Spirit of Christ in you, is mighty to help you build a new, progressive, successful, and worth-while life. It will help you meet every difficulty with unwavering faith and strength, and make you superior to every experience.

Regardless of the view you may have of yourself and your abilities, you do have a place and a very definite mission in life. As an individual you can rise victorious and triumphant over every adverse condition by turning within and recognizing in yourself the courageous Spirit of Christ. Face today with a courageous heart. Refuse to let fear thoughts enter into your mind or to allow outward appearances to discourage you.

[♣] Be of good courage, and he shall strengthen your heart.—PSALMS 31:24 (A. V.).

GOD IS MY LOVING FATHER, AND I EXPRESS HIS LOVE IN ALL THAT I THINK, SAY, AND DO.

HE ENDEAVOR to love constantly and freely every person and everything in the world is the most Christlike of all endeavors. When our thoughts, words, and deeds are motivated by divine love they cannot be misinterpreted or misunderstood. It is only when personal love enters in that human relations become strained and unpleasant and the feeling of bondage ensues. Personal love is apt to limit and restrict.

Today let us empty our mind, heart, and soul of all unloving thoughts. Let us go even further and give up all ideas of personal love so as to make way for the larger expression of God's love, which is holy, divine, unlimited. Let us divest ourselves of every form of selfishness, and summon divine love to fill our consciousness and to flow through us in eternal blessing. Thus we help to raise the standard of love in the world and to quicken in God's children everywhere a higher conception of pure, impersonal, universal love.

This is my commandment, that ye love one another, even as I have loved you.—JOHN 15:12.

Class Thoughts

TO BE USED FROM

June 20 to July 19

The affirmations on this page, known as the Unity Class Thoughts, are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity.

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At 11 a. m. use this thought for

ILLUMINATION ... I am realizing with Jesus Christ that God is the source of my intelligence.

At 12 noon use this thought for

PROSPERITY . . . I am realizing with Jesus Christ that God is with me as the source of all my substance, and I rejoice in my prosperity.

At 9 p. m. use this thought for

HEALING . . . I am realizing with Jesus Christ that God is the health of His people, and I am made whole.

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The lessons on the following three pages are based upon these class thoughts.

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I AM REALIZING WITH JESUS CHRIST THAT GOD IS THE SOURCE OF MY INTELLIGENCE.

In His ministry among men Jesus Christ over and over again sought to show those whom He taught that He claimed no authority for Himself as an individual but that He was about His Father's business. In the 5th chapter of John it is recorded that He said: "The Son can do nothing of himself . . . I can of myself do nothing."

Jesus Christ was enabled to do His mighty works because He knew whence His authority came: God, our Father. Jesus made Himself a perfect channel for the expression of divine intelligence by denying the authority of the personal man and affirming the authority of God.

In response to criticism of His teachings He said definitely: "My teaching is not mine, but his that sent me. If any man willeth to do his will, he shall know of the teaching."

We can unify ourselves in thought with Jesus Christ by affirming that God is the source of our intelligence, and God will reveal Himself to us.

[♣] The Father . . . showeth bim all things that bimself doeth.—JOHN 5:20.

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I AM REALIZING WITH JESUS CHRIST THAT GOD IS WITH ME AS THE SOURCE OF ALL MY SUBSTANCE, AND I REJOICE IN MY PROSPERITY.

HE PERFECT realization of prosperity was expressed by Jesus Christ when He said, "All things whatsoever the Father hath are mine." In these few words He epitomized the truth that God is ever-present, ever-available supply.

H. Emilie Cady says: "God, the invisible substance out of which all visible things are formed, is all around us waiting to come forth into visible manifestation. This good substance all about is unlimited, and is itself the supply of every demand that can be made . . . there . . . is already provided a lavish abundance for every human want."

Jesus Christ understood the law of supply so completely that He never lacked anything He needed. He knew that God was the source of all substance, and He called on His Father for whatever was necessary. His faith caused it to become manifest at once. Unifying our realization of God as supply with His, we too rejoice in prosperity.

t is your Father's good pleasure to give you the kingdom.—LUKE 12:32.

I AM REALIZING WITH JESUS CHRIST THAT GOD IS THE HEALTH OF HIS PEOPLE, AND I AM MADE WHOLE.

TESUS CHRIST did many mighty works of healing because He had a clear and undimmed realization of the source of all health: God, our Father. Since His time many other great spiritual teachers who follow Him have shown men that every kind of physical inharmony can be healed through faith in God as perfect health.

When we are not yet awakened to our divine nature it seems easy to accept and believe in the idea of sickness. But when we perceive and lay hold of the truth that Jesus taught, namely that wholeness is man's rightful estate, our body begins at once to outpicture the health that God has decreed for it. Just as God is love, life, peace, joy, plenty, so He is the health of His people. "His people" are all who accept Him as their Father.

In using this prayer, the healing thought for the current month, you affirm your faith in God as health, and it becomes manifest for you.

[♣] The Father . . . giveth them life, even so the Son also giveth life.—John 5:21.

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I AM WISE WITH THE WISDOM OF SPIRIT.

RE YOU faced with a situation or a problem that requires a great deal of wisdom to work out? Remember that wisdom is God and that God is within you and all around you. In order to be wise you have only to understand how to use this unlimited wisdom that is present within you.

Your greatest source of wisdom is the Spirit of God at the center of your being. Instantly and constantly available, it invariably directs you to the right answer. Turn often through prayer and meditation to this unlimited fountain of wisdom within you. Form the habit of submitting every problem, no matter how trivial it may seem to be, to the great illuminating power of God's wisdom. If you constantly look inward for guidance and help and act in accordance with the leading and inspiration you receive, you will become a tower of wisdom and strength.

You can meet every experience with good judgment by turning to God and accepting His wisdom.

[★] Wisdom resteth in the heart of him that hath understanding.—Prov. 14:33.

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IN THEE, FATHER, MY SPIRIT IS REBORN, AND MY LIFE IS CONSECRATED TO THEE.

ATHER, we Thy children come this day to commune with Thee in the secret place that is Thine holy habitation. We seek not the adulation or the homage of the world. We seek not to gain great earthly treasures. We seek to be more like unto Thee, to serve Thee humbly but with joyful hearts, strong in our assurance of Thine infinite and constant care.

Father, we would walk in Thy ways of peace, love, and good will. We would speak Thy words of courage, joy, strength, and wisdom to all men everywhere. We would minister to Thy children regardless of creed or station. All are Thine.

Whatever things in the past have troubled or afflicted us we now relinquish unto Thee. We are freed from all human burdens. In Thy comforting Spirit we are cleansed, refreshed, invigorated, renewed. In Thine holy presence we are lifted up and filled with rejoicing. We are ready to serve Thee anew. Father, we thank Thee.

Now ye have consecrated yourselves unto Jehovah.
 —II CHRON, 29:31.

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CONFIDENT THAT GOD'S PLAN OF GOOD PRE-VAILS IN MY LIFE, I MAINTAIN A POSITIVE ATTITUDE.

You MAY have sought for the reason why certain persons seem more successful, more prosperous, and more interesting than others. Careful observation will in most cases reveal that these apparently more fortunate persons maintain a positive attitude.

The person of positive attitude does not start an undertaking in doubt or hesitancy. He begins his endeavors in the dominant spirit of faith, courage, and assurance that promises success. He does not allow obstacles or trying experiences to divert him from his purpose. He does not give fear, self-pity, or depression a place in his life. He not only expresses positive qualities but he radiates joy and confidence.

If you will remember that God's plan of good prevails in your life, your attitude will be positive, and you will express the qualities that insure success, happiness, and well-being.

Be strong in the Lord, and in the strength of his might.—Eph. 6:10.

I EXPRESS THE TRUE HUMILITY OF CHRIST.

ESUS CHRIST is considered to be the perfect example of meekness and humility. He said, "I am meek and lowly in heart," but He showed by His works that true humility is an expression of divine love and not mere self-

abnegation.

Humility is often confused with servility, but the two qualities have little in common. The humble person is strong in heart and mind; he knows that whatever power he has comes not from himself but from the Spirit indwelling in him. The merely servile person has not yet awakened to his spiritual powers and bows down to or courts the favor of persons whom he feels to be his superiors in rank. He believes that he will profit thereby.

The truly humble person is rich in spirit. He neither takes nor gives offense. He is kind, loving, and tolerant. He knows that he need not be aggressive or presumptuous as regards seeking what is rightfully his, for as a son of God he is blessed bountifully with every good thing.

By bumility . . . are riches, and honour, and life. -Prov. 22:4 (A. V.).

DIRECTED BY CHRIST, I GO FORWARD TODAY WITH NEW ENTHUSIASM, NEW SINCERITY, AND A NEW PURPOSE.

ODAY is a day of new beginnings. Whatever purpose you have had in the past is now transformed, and today you go forward with new strength, new courage, and new enthusi-

asm to accomplish mighty works.

Whatever conditions may have handicapped you, whatever difficulties stood in your way are now removed by the power and authority of Jesus Christ, the ruler of heaven and earth. All is clear before you. Your eyes now behold all things made new. Your mind is filled with new ideas that are dynamic, communicated directly to you by Spiritmind. You are ready to meet new situations, new conditions. You are filled with Spirit power. You are the master of all that comes into your life.

Illumined and inspired by Christ in you, you speak words of loving counsel that point the way to God's highest good. You heal the sick in the name of Jesus Christ. You let your every thought, word, and deed be motivated by divine love.

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Now is come . . . the kingdom.—Rev. 12:10.

TRUSTING IN GOD, I AM FREE FROM ALL ANXIETY AND FROM ALL TENSENESS OF MIND AND BODY.

If you are to be free from tenseness of mind and body you can begin by finding within yourself the inner place of quietness where you recognize God as the only presence and the only power in your life; and there release all thought of worry and anxiety. When you seek and find this inner peace you let go of the belief that the conditions of the outer world can adversely influence or disturb you in any way.

Thoughts of anxiety produce tension in mind and in body. You can overcome anxious thought by increasing your trust in God's presence and power and by placing your affairs confidently in His care. Giving your problem over to the sure working of God's power enables you to relinquish thoughts of dread and fear and to relax taut nerves and muscles in your body. Your mind will be relaxed and clear, receptive to divine direction, and your body will be filled with calm and peace.

[♣] The Lord is at hand. In nothing be anxious.—PHIL. 4:5, 6.

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I AM ONE WITH GOD, BECAUSE I DAILY UNIFY
MYSELF WITH DIVINE LAW.

BECOME one with that to which we give most attention. If our attention is given to depressing conditions and we concern ourselves with the confusing thoughts common in the world, we are unknowingly joining ourselves to inharmony and discordant things.

We become one with God, divine good, when we give our attention to all that is good and strive to express love, joy, peace, understanding, freedom, and fearlessness. As we do all in our power to let good be active in us we become so attuned to divine law as to be one with it. The more thought we give to God's ways the more intimately acquainted we become with divinity. The more we use faith the more we learn of its power and value and the less fearful we are. The more we are filled with love the less room there is for hate and unkindness. Our one purpose should be to unite ourselves to God by expressing Godlikeness in all our thoughts and acts.

My meat is to do the will of him that sent me.—JOHN 4:34.

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BY TURNING TO GOD I CONTACT NEW IDEAS, AND I AM FILLED WITH NEW LIFE, NEW WIS-DOM, AND NEW ENERGY.

BECAUSE God finds creative expression through His master creation, man, there is a constant inflow of divine ideas into the mind of man. We can at any time receive new ideas by turning to the current of God ideas within ourselves.

When life seems to us monotonous, when there appears to be "nothing new under the sun," when we lack ambition and initiative in our work, it is time to turn to the ideas of God within us and receive new inspiration, new discernment, and refreshing newness of life. When we shut off the new ideas within us, the outer man becomes listless, lacks energy and enthusiasm. But when we throw open the doors, make ourselves receptive to the divinely creative ideas that are awaiting our use, we are filled with a new zest for living. Instead of appearing dull and uninteresting life becomes vibrant with new meaning, and every day is filled with new possibilities and opportunities.

Behold, I make all things new.—REV. 21:5.

An Opportunity for You

During the summer months you are invited to join other Unity people in reading the book God a Present Help, by H. Emilie Cady. It is a book that brings you a simple inspiring message and that lends itself easily to summer reading. Try spending



even a few minutes a day with it and see how richly it will repay you.

If you do not already have a copy of Doctor Cady's book, you can obtain one from Unity School or from your Unity center. With it you will receive a free reading guide entitled How to Prove God a Present Help. The book God a Present Help is priced at \$1 in cloth; at \$2 in black flexible binding.

The Youth of Unity Conference

July 2 to July 6 is the period that is set aside this year for the Youth of Unity Conference, which meets at Unity Farm, but the young people are urged to arrive by June 29 in order to attend classes of special interest to be conducted by Charles Fillmore, Ernest C. Wilson, Francis J. Gable, and others.

All Unity young people are invited to come at this time to meet old friends, make new ones, and receive inspiration and spiritual guidance. Recreation in the form of outdoor activities and delightful social events will bring additional enjoyment. A folder giving full information about the Conference will be sent you on request. Just address a card or letter to Youth of Unity, 917 Tracy, Kansas City, Mo.

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There is no difficulty that enough love will not conquer.—Emmet Fox.

If there is any condition in your life that needs harmonizing, any lack that you wish to overcome, try putting greater love into your thoughts and actions and see how quickly things will right themselves. Love can heal any disease, dissolve any inharmony, supply any need.

To help you cultivate and express greater love, send for a Prosperity Bank and faithfully put the drill into practice. As day by day you use the affirmative prayer and drop a coin in the Bank for the purpose of sharing the Truth message with others, your heart will overflow with love for God and for your fellow men, and your life will be enriched and blessed accordingly. Silent Unity will join you in prayer for the success of your demonstration.

Unity School of Christianity, 917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three Daily Word subscriptions (one year each) listed below:

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Unity's Gift to Service Men

Unity believes that the military training now being given to thousands of this country's young men should be supplemented by definite spiritual training. In doing its bit toward that end Unity is offering a six-month subscription for Daily Word, free of charge, to any service man whose name some friend sends in. This applies to men in any branch of the service.

Will you help by sending us the name of any young man who is now being trained for service? This places you under no obligation whatever. With his name and address please be sure to mention his rank and the unit to which he is attached. Address your letter to Unity School of Christianity, Department C, 917 Tracy, Kansas City, Mo.

A PROGRESS Presentation

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The June issue of PROGRESS magazine carries an article that offers real help to persons who are seeking to be healed of tuberculosis. "Invite Health" is its title, and it is written by Ceil MacDonald, a nurse who herself went through an experience with this disease and was completely healed. Because of her own successful experience and her many opportunities to help others toward the same goal, the PROGRESS editors asked her to write what she thinks a patient should do to "invite health."

This article will be an inspiration to any friend of yours who is seeking to conquer disease, regardless of its nature. Why not send him a PROGRESS subscription to begin with the June issue? PROGRESS will come to him a whole year (twelve ab-

sorbing issues) for \$1.

Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

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